

Retest Hair Analysis Form

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Name _____ Phone _____ Age _____ Date _____ Sex: **M** **F**

Address _____ Email address _____

Answer the questions below. Then circle your current symptoms on the Symptoms Sheet.

1. On a scale of 0-5, what parts of the program have you been able to do? 0=not at all 5=very good

Lifestyle _____ Food Guidelines _____ Supplements _____ Saunas _____ Coffee enemas _____ Water _____
other _____

2. Describe changes you have noticed in your symptoms or condition over the past months.

3. Do you have questions regarding your supplements, food guidelines, saunas therapy or coffee enemas or other?

4. Do you have questions in regard to any mental or emotional aspects, meditation or lifestyle challenges?

5. Are there other concerns you would like to address when updating your healing program?

6. Are there any changes in your medical history or medication over the past several months?

Please check one:

____ I want to review my hair analysis results and healing program with you on the phone (about 1/2 hour)

____ Please email an audio (mp3) reviewing my hair analysis results and healing program (about 1/2 hour)

____ If you want your program mailed, please include an extra \$25.00 (limited to United States only).

The fee for a retest is **\$115.00 without a booklet**. It is **\$185.00 with the booklet from the lab**. This includes your hair mineral analysis and consultation. Payment can be made by personal check (written out to Heather Kneale) or a money order. PayPal is also available on my website at www.rainbowsandbutterflies.net.

*Heather Kneale has a doctorate in Naturopathy and a PhD in Metaphysical Health Sciences. She works as an unlicensed practitioner.

Name _____ **SYMPTOMS SHEET CIRCLE any conditions or symptoms that presently describe you.**

PLACE A STAR next to the symptoms most important to you.

Joint Pain	Fungal Infections/Candida	Migraine Headaches
Joint Stiffness	Psoriasis	Neuritis
Arthritis, Osteo	Hives	Eye diseases
Arthritis, Rheumatoid	Hair Loss	Constipation
Muscle Pain	Slow Wound Healing	Diarrhea
Muscle Weakness	Cataracts	Intestinal Gas
Muscle Cramps	Glaucoma	Bloating
Bursitis	Meniere's Disease	Heartburn
Fractures	Tooth Decay	Ulcer
Osteoporosis	Excessive Plaque on Teeth	Stomach Pain
Gout	Gum Disease	Colitis
Sweet Cravings	Infections/Viruses	Gall Stones
Sugar Reactions	Tumors/Cancer	Fissures
Irritable before meals	Multiple Sclerosis	Hemorrhoids
Can't Skip Meals	Parkinson's Disease	Cirrhosis
Hypoglycemia	Scleroderma	Diverticulitis
Crave Starches	Anger	Tend to Gain Weight
Fat Cravings	Anxiety	Tend to Lose Weight
Other Food Cravings	Bipolar Disorder	Anemia
Food Allergies	Brain Fog	Easy Bruising
Excessive hunger	Confusion	Drug Addiction
No hunger	Depression	Alcoholism
Diabetes	Irritability	Smoking
Rapid Heart Rate	Mind Races	WOMEN:
Skipped Heart Beats	Mood Swings	Premenstrual Syndrome
Heart Palpitations	Obsessive/Compulsive	Water Retention
Heart Attack	Panic Attacks	Cramps
Poor Circulation	Poor Memory	Pregnant now
Dizziness	Schizophrenia	No Menstruation
Low or High Blood Pressure	Trouble Sleeping	Heavy periods
Angina	Autism	Light/Irregular Periods
Arteriosclerosis	Attention Deficit	Ovarian Cysts
High Cholesterol _____	Hyperkinesia	Fibroid Tumors
High Triglycerides _____	Dyslexia	Abnormal Pap Smear
Cough	Seizures	Menopause
Bronchitis	Learning Disability	Fibrocystic Breasts
Asthma	Mental Retardation	Breast Tumors
Post-nasal Drip	Delayed Development	Yeast Infections
Sinus Congestion	Bladder Infections	Hot Flashes
Allergies	Kidney Infections	Heat sensitivity
Emphysema	Trouble Urinating	Caffeine sensitivity
Fatigue	Frequent Urination	Cancer: type/when/action taken
Hypothyroidism	Painful Urination	MEN:
Low Body Temperature	Kidney Stones	Prostate Problems
Cold in Winter/Dry Skin	Water Retention	Impotence
Tend to Gain Weight	Kidney Stones	Infertility
Hyperthyroidism	Water Retention	
Acne	Sinus Headaches	
Eczema	Tension Headaches	